

# PARTY IDEAS

## TIPS FOR PARTY GIVERS

### NON-ALCOHOLIC “DRINKS”

Source: Mothers Against Drunk Driving ([www.madd.org](http://www.madd.org))

### **Social Responsibility**

This phrase encompasses everything from planning the party menu to assessing how guests will get home safely once the party is over. Your role as a responsible party host can keep your friends and loved ones safe.

### **What Every Host Needs to Know**

- Don't rely on coffee to sober up your guests. Only time can make someone sober.
- Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler, or an ounce and a half of liquor all contain the same amount of alcohol.
- Don't rely on someone's physical appearance to determine if he or she has had too much to drink.
- Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.

### **Office Parties**

- Arrange for discounted or complimentary rooms when a party is held at a hotel so employees won't drive home impaired.
- Hire a shuttle or limousine service to provide transportation for those that have been drinking. Promote the designated driver concept in party invitations.
- Do not push drinks!
- If you provide an open bar, be sure the bartender has had server training to prevent over-serving and serving guests under the legal drinking age.
- Hold a contest for employees to create non-alcoholic drink recipes.

### **Planning A Party**

There's a reason it's called throwing a party— a host has to be ready to catch some curve balls and juggle the unexpected when it comes to staging an event that's fun, entertaining and safe for everyone. Responsible hosts know that part of showing guests a great time is making sure they get home safely. Dealing with safe driving is an important hosting duty so we've compiled some quick tips to help you throw a memorably successful party without tossing caution to the wind.

- Plan activities like party games, door prize drawings or amateur fortune-telling. Planned activities engage people, make for less active consumption of alcohol and ensure that your friends remember the great event long after the last piece of confetti has settled.
- As guests RSVP, confirm that at least one person in each group is prepared to be the non-drinking designated driver.
- Provide plenty of food to keep your guests from drinking on an empty stomach.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.
- Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol.
- If preparing an alcoholic punch, use a non-carbonated base, like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
- Be prepared by having the number of a taxi service on hand for those who need a ride. Also, be ready with some clean linen so you can turn your sofa into a hotel for guests who need to sleep it off.

### **During Your Party**

- Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
- If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
- Do not push drinks! Drinking at a party is not mandatory for having a good time.
- Have fun – but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
- Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- If, despite your efforts, some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.

### **If a guest is drinking too much**

*How do I approach one of my guests who has had too much to drink? I mean, I don't want to lose a friend.*

The first time is the hardest, but your actions could save your friends life or that you cannot let them drive home because you care. Offer to let the guest spend the night, call a cab, or ask a sober guest to drive the intoxicated person home.

- Engage him/her in a conversation to slow down the drinking.
- Offer high protein food.
- Offer to make the next drink and use less alcohol.
- Don't be afraid to insist that they sit out the sipping for awhile or switch to beverages of the non-alcoholic variety– sparkling cider makes a great substitute for a glass of champagne.

*How will I be held responsible if one of my guests is involved in a crash?*

The laws vary from state to state, but you could be held responsible for the costs associated with the crash, including medical bills and property damage and be sued for emotional pain and suffering.

**REMEMBER:**

- One drink = 5 oz. of 12 percent wine OR 12 oz. of 5 percent beer OR 1 1/2 oz. of 80 proof liquor
  - Neither coffee nor a cold shower will help sober someone up. Only time can do that.
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## **Non-Alcoholic "Mocktails"**

### **Sparkling Apple-Peach Sunrise**

One 10 oz. can of non-alcoholic frozen fuzzy navel mix

Two cans full (20 oz.) of sparkling cider

Ice cubes (as many as desired)

*Blend ingredients in a blender. Pour into a tall flute glass. Add half ounce of grenadine for the sunrise effect.*

*Makes approximately four 8 oz. glasses*

### **Sparkling Ice Cream Soda**

6 oz. sparkling cider

1 scoop vanilla ice cream

2 oz. seltzer water

1 maraschino cherry

*Pour sparkling cider into a tall glass. Add ice cream. Fill glass with seltzer while stirring. Garnish with maraschino cherry.*

### **Sparkling Rainbow**

6 oz. sparkling cider

1 scoop sherbet

1 fresh mint sprig

*Pour sparkling cider into a tall glass. Add sherbet, and garnish with mint.*

### **Sparkling Smoothie**

6 oz. sparkling cider

1/4 cup fresh strawberries

1/2 banana, ripe

2 ice cubes

*Blend all ingredients. Pour into a tall glass.*

### **Lemon Strawberry Punch**

3 cans (6 oz. each) frozen lemonade concentrate

1 package (10 oz.) frozen strawberries, thawed

1 quart ginger ale, chilled

*In a large punch bowl, prepare lemonade concentrate as directed on can; stir in strawberries with syrup). Stir in ginger ale and, if you wish, add small scoops of strawberry ice cream or ice cubes.*

*Makes 28 servings (1/2 cup each)*

### **Winning Tea Punch**

1/2 cup 100% instant tea

2 quarts water

1 6 oz. can frozen limeade

1 6 oz. can frozen lemonade

1 6 oz. can frozen pineapple juice concentrate

1 pint cranberry cocktail juice

*In punch bowl, combine instant tea, water, concentrates, and cranberry juice. Just before serving, add ice.*

*Makes 25 servings 5 oz. each)*

### **Double Lime Punch**

1/2 pint (1 cup) lime sherbet, softened

1 can (6 oz.) frozen limeade concentrate, thawed

2 bottles (7 oz. each) ginger ale, chilled

2 cups water

*In punch bowl, stir together all ingredients. Serve in punch cups.*

*Makes 10 servings (1/2 cup each)*

### **Mild-Eyed Margaritas**

2 cups lemon or lime soda

2 tablespoons sugar

Juice of 1/2 lime

Salt

Crushed ice

*Pour soda into ice cube tray or shallow pan, freeze. Place frozen soda in blender, add lime juice and sugar. Blend until well-mixed. Rub lime around rim of glass and then dip glass into salt.*

*Pour mixture over crushed ice and into salted rim glasses. Garnish with lime slice.*

### **Percolator Punch**

2 quarts apple cider or juice

2 quarts cranberry juice

1 quart pineapple juice

1/2 cup brown sugar

1 tablespoon whole cloves

1 tablespoon allspice

4 cinnamon sticks, 3 inches long

2 lemons, thinly sliced, then quartered

*Pour liquids into 30 cup coffee pot percolator. Put remaining ingredients in percolator basket and brew for 30 minutes. Serve hot.*

### **Holiday Punch**

1 large jar cran-grape juice

1 liter bottle ginger ale  
1 container orange sherbet  
Whole cranberries

*Combine juice and ginger ale. Add sherbet by small scoops. Top with cranberries.*

### **Peach Fuzz**

1 cup peach daiquiri mix  
1 1/2 cups 7-Up  
2 tablespoons lemon juice

*Add ingredients and ice cubes, blend on high for 15 seconds.*

### **Hot Cran-Apple Cider**

2 quarts apple cider  
1 1/2 quarts cranberry cocktail  
1/4 cup brown sugar  
3 inch cinnamon sticks  
1 1/2 teaspoons whole cloves

*Heat to boiling; reduce heat and simmer 15-20 minutes. Strain.*

*Makes 25 servings (1/2 cup each)*

### **Jogger's Nog**

1 1/2 cups pineapple juice (chilled)  
1/2 cup plain yogurt  
1 tablespoon honey  
6 ice cubes

*Combine ingredients in blender container. Cover and run on high until well blended.*

*Serve in chilled glasses.*

*Makes 2 servings (10 oz. each)*